**Video response: Brain Power** Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Explain the “fight or flight” response that we have during an emergency.
2. What is the “amazing trick” that our brains seem to do under extremely stressful conditions? How does it work?
3. Of the total energy our body consumes, how much of it is used by our brains?
4. What happens to our taste in food when we near starvation? Why?
5. Explain the process that occurs when we are starving to death.
6. Describe the process by which our brains get cooled.
7. What happens when you go without sleep for too long?
8. What allows us to maintain our safety when we are asleep?
9. What is the job performed by our brains while dreaming?
10. Explain the concept of “lucid dreaming.”